

## MANJE BEBE

**GERBER OUBYEN BEECH-NUT BRAND ORGANIC GERBER, BEECH-NUT, HAPPY BABY**

### FWI OUBYEN LEGIM

Gerber Mak - 2nd Foods (2 pake)  
Beech-Nut Mak - 2nd Foods (4 oz. bokal)  
Oganik Gerber Mak - 2nd Foods (4 oz. bokal)  
Organik Beech-Nut Mak - 2nd Foods (4 oz. bokal)  
Happy Baby Mak - 2nd Foods (4 oz. bokal)

- Fwi sèl oswa melanje
- Legim sèl oswa melanje
- Fwi ak legim melanj

**PA KA ACHTE:** desè, dine, kòdonye, pran plezi, flan, yogout, medley, DHA/ARA, oswa sik ajoute, lanmidon, oswa sèl

### VYANN

Gerber Mak - 2nd Foods  
2½ oz. respipan

- Vyann Single ak sòs
- Vyann Single ak sòs

**PA KA ACHTE:** dine, gradye, baton oswa òganik

Tibebe ki gen tete sèlman

## SEREYAL TIBEBE

**GERBER OUBYEN BEECH-NUT BRAND**

Respipan 8 oz. ak 16 oz.

Otorize chwa nan grenn sa yo grenn grenn sèl:

- Multigrain
- Rice
- Oatmeal
- Whole Wheat

**PA KA ACHTE:** sereyal ak fwi ajoute, fòmil, DHA/ARA, oswa òganik

## SEREYAL TIBEBE

**SE SÈLMAN MAK LA, KALITE (POUD, KONSANTRE OSWA PARE-A-MANJE) AK GWOSE PRESKRI PATISIPAN NAN WIC.**

**PA KA ACHTE:** nenpòt lòt mak, kalite, oswa gwose

Ou pral bezwen kontakte biwo lokal WIC ou pou retounen oswa echanj fòmil.

## SEREYAL POU DEJENE

### SEREYAL FRÈT

Bwa 8.9 oz. jiska 36 oz.

#### GENERAL MILLS



Cheerios



Multi-Grain Cheerios



Cinnamon Chex



Corn Chex



Rice Chex



Wheat Chex



Berry Berry Kix



Kix

#### KELLOGG'S



Total Whole Grain



Wheaties



All-Bran Complete Wheat Flakes



Corn Flakes



Crispix



Frosted Mini-Wheats Little Bites



Frosted Mini-Wheats Original



Rice Krispies

#### POST QUAKER



Grape-Nuts The Original



Life Original



Oatmeal Squares Brown Sugar



Oatmeal Squares Cinnamon

#### SEREYAL CHO

##### B&G



Cream of Rice (regular)



Cream of Rice (packets)



Cream of Wheat Original 2½ Minute



Cream of Wheat Original Instant (packets)

#### QUAKER



Cream of Wheat Whole Grain 2½ Minute



Cream of Wheat Whole Grain Instant (packets)

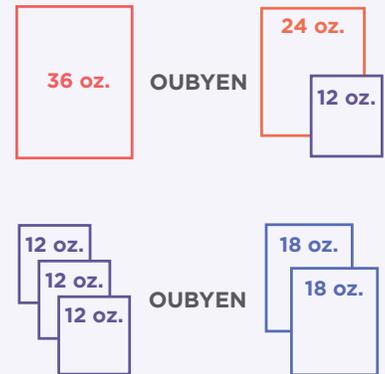


Instant Oatmeal Original (individual serving packages only)



Instant Grits Original

### FASON POU ACHTE SEREYAL



**PA KA ACHTE:** nenpòt sereyal oswa mak ki pa nan lis la, oswa sereyal òganik

## YOGOUT

**32 OZ. KONTENÈ REGILÈ OSWA GRÈK, PLEN, OSWA SAVAN VANILLA**

Tout grès, anpil grès, san grès jan sa endike sou pake manje a

Lòt chwa otorize ak gou:

- Yoplait Go-Gurt (uit 2 oz. tib) (sèz 2 oz. tib)
- Yoplait Kid (uit 4 oz. tas)
- Activia (kat pake 4 oz. tas)



**PA KA ACHTE:** yogout bwè ak melanj-nan-engredyan tankou: granola, moso sirèt, siwo myèl oswa nwa

# LÈT

MAGAZEN MAK OSWA  
MAGAZEN DEZIYEN MAK



Kalite pwodwi ak gwose jan sa endike sou benefis aktyèl yo

- Fre (pa aromatize)
- Whole, ki gen anpil grès (1%), ekreme
- Laktoz redwi (tout grès ki ba (1%), ekreme)
- Evapore, ki gen anpil grès (1%), ekreme)
- UHT "Ultra High Temperature" (antye, ki gen anpil grès (1%), ekreme) (egzanp: Parmalat, Natre, etc)
- Lèt antye

## LÈT SOYA

Resipyan demigalon

- 8th Continent: Orijinal oubyen vaniy
- Silk: Orijinal

**PA KA ACHTE:** lèt aromatize, lèt ki pa gen krèm ki pa pasurize, ki pa letye stitutes, òganik, oswa altènativ lèt

# FWOMAJ

MAGAZEN MAK  
OSWA MAGAZEN DEZIYEN MAK



1 lb. oswa 8 oz. pak (8 oz. oswa 16 oz.)

Otorize chwa nan grenn sa yo grenn grenn sèl:

- Pasteurized Processed American
- Cheddar (blòk oswa graje)
- Mozzarella (blòk oswa graje)

**PA KA ACHTE:** fwomaj enpòte, manje fwomaj, pwodwi oswa gaye, fwomaj ak gou ajoute, endividyeleman vlope tranch, òganik, Velveeta, Cheez Whiz, Kraft Singles, pwodwi ki ba anpil grès oswa ki ba sodyòm, griye oswa baton fwomaj, deli-tranche fwomaj, varyete pake (sa vle di, Ameriken/Swis)

# ZE



MAGAZEN MAK OSWA  
MAGAZEN DEZIYEN MAK

Yon douzèn, gwo blan sèlman

**PA KA ACHTE:** mawon, gratis, ze espesyalite (Eggland's Best oubyen EggsPlus), oswa òganik

# GRENN ANTYE - TÒTIYA, PEN, PASTA AK DIRI

100% WHOLE WHEAT OSWA  
CORN TORTILLAS  
MAGAZEN MAK OSWA  
MAGAZEN DEZIYEN MAK

1 lb. (16 oz.) pake

- **Bowl & Basket** 100% Whole Wheat Tortillas
- **Chi-Chi's** 100% Whole Wheat oswa Corn Tortillas
- **Essential Everyday** 100% Whole Wheat oswa Corn Tortillas
- **Don Pancho** 100% Whole Wheat oswa Corn Tortillas
- **Food Lion** 100% Whole Wheat Tortillas
- **Giant** 100% Whole Wheat oswa Corn Tortillas
- **Great Value** 100% Whole Wheat Tortillas
- **La Banderita** 100% Whole Wheat oswa Corn Tortillas
- **Natures Promise** Whole Wheat Tortillas
- **Micasa** Whole Wheat Tortillas
- **Mission** 100% Whole Wheat oswa Corn Tortillas
- **Ortega** Whole Wheat Tortillas
- **Shoprite** 100% Whole Wheat Tortillas
- **Siempre Autentico** Whole Wheat Flour Tortillas
- **Signature Select** 100% Whole Wheat Tortillas
- **Tio Santi** 100% Whole Wheat Tortillas
- **Weis** 100% Whole Wheat Tortilla

100% WHOLE WHEAT PEN  
MAGAZEN MAK OSWA  
MAGAZEN DEZIYEN MAK

1 lb. (16 oz.) pake

100% Whole Wheat Pen. Whole wheat farin dwe premye engredyan ki nan lis la.

100% WHOLE WHEAT PASTA  
MAGAZEN MAK OSWA  
MAGAZEN DEZIYEN MAK

1 lb. (16 oz.) pake

100% WHOLE GRAIN  
RI BROWN  
MAGAZEN MAK OSWA  
MAGAZEN DEZIYEN MAK

1 lb. (16 oz.) pake



# FWI OUBYEN LEGIM

FWI OUBYEN LEGIM SÈLMAN

- Nenpòt varyete fre, esansyèl fwi ak legim
- Fwi sak
- Sak melanje sòs salad (pa gen okenn abiye, krouton, nwa, oswa vyann te ajoute)
- Legim sak e ki lach
- Basen nan fwi koupe oswa legim (pa gen okenn abiye oswa tranpe)
- Òganik

**PA KA ACHTE:** nan frizè, legim, fwi nan bwat, legim nan bwat, fwi sèk, legim sèch, remèd fèy (sètadi Basil, silantro, pèsi), epis santi bon (sètadi, pwa vaniy, baton kannèl), oswa tas fwi (sètadi, Del Monte, Dole)



# PWA SÈCH/PWA

## MAGAZEN MAK OSWA MAGAZEN DEZIYEN MAK

1 lb. (16 oz.) sak

Chwa ou nan:

- Pwa sèk
- Pwa
- Lantiy



**PA KA ACHTE:** soup melanje, pwa nan bwat, oswa melanje ak epis santi bon oswa vyann

# MANBA

## MAK MAGAZEN OSWA MAK MAGAZEN DEZIYEN

Bokal 16-18 oz.

- Krèm
- Kwoustiyan



**PA KA ACHTE:** manba an poud, tatinad manba, manba ak savè ajoute oswa manba fòtifye, natirèl, oswa òganik

# PWASON NAN BWAT

## MAGAZEN MAK OSWA MAGAZEN DEZIYEN MAK

Bwat jiska 30 oz.

**Disponib pou manman kap bay tete sèlman ak manman ansent oswa manman kap bay tete ak marasa oswa triplet.**

- Chunk Light Tuna, ki chaje nan dlo (bwa 5 oz.)
- Wild Alaska oswa Pink Salmon, ki chaje nan dlo (bwa 5 oz., 7.5 oz., oswa 14.75 oz.)

**PA KA ACHTE:** ton albacore, gaye ton, oswa nenpòt lòt kalite somon, pake manje midi, oswa pwason ki gen arom ajoute

Manman ki ap bay tete sèlman

# J

## MAGAZEN MAK OSWA MAGAZEN DEZIYEN MAK

64 oz. boutèy plastik (timoun)

11.5-12 oz. konsantre nan frizè (manman)

### CODE 100% JI FWI

- Pa gen sik ajoute
- Pa gen òganik oswa DHA
- Pa gen ji tibebe
- Pa gen cocktèl ji bwason oswa ades
- Pa gen kalsyòm oswa fib ranfòse

## KONSÈY:

Asire ou ke ou pa ale sou ons yo ki nan lis sou benefis aktyèl yo.



12 oz. konsantre nan frizè  
-Pòm -Zoranj



12 oz. konsantre nan frizè  
-Pòm -Zoranj



12 oz. konsantre nan frizè  
-Pòm -Zoranj



12 oz. konsantre nan frizè  
-Pòm -Zoranj



12 oz. konsantre nan frizè  
-Pòm -Zoranj



64 oz. boutèy plastik  
-Nenpòt gou -No Harvest Surprise



64 oz. boutèy plastik  
-Pòm



64 oz. boutèy plastik  
-Pòm -Prim Pòm



64 oz. boutèy plastik  
-Nenpòt gou ak yon kouvèti vèt  
12 oz. konsantre nan frizè  
-Nenpòt gou ak yon kouvèti vèt



64 oz. boutèy plastik  
-Pòm  
12 oz. konsantre nan frizè  
-Pòm



12 oz. konsantre nan frizè  
-Pòm -Zoranj



12 oz. konsantre nan frizè  
-Pòm -Zoranj



12 oz. konsantre nan frizè  
-Pòm -Zoranj



12 oz. konsantre nan frizè  
-Pòm -Zoranj



12 oz. konsantre nan frizè  
-Pòm -Zoranj



12 oz. konsantre nan frizè  
-Nenpòt gou ak yon kouvèti vèt



64 oz. boutèy plastik  
-Pòm



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
WIC Program

# KESYON?

Oswa pou pran yon randevou, rele:

Konte New Castle  
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Konte Sussex  
(302) 605-4055  
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Imèl: sussexwic@delaware.gov

Enfòmasyon ki nan lis sa a kapab chanje.  
Enstitiyon sa a se yon founisè sèvis ki garanti opòtinite ki ekitab.